

Figure 1A

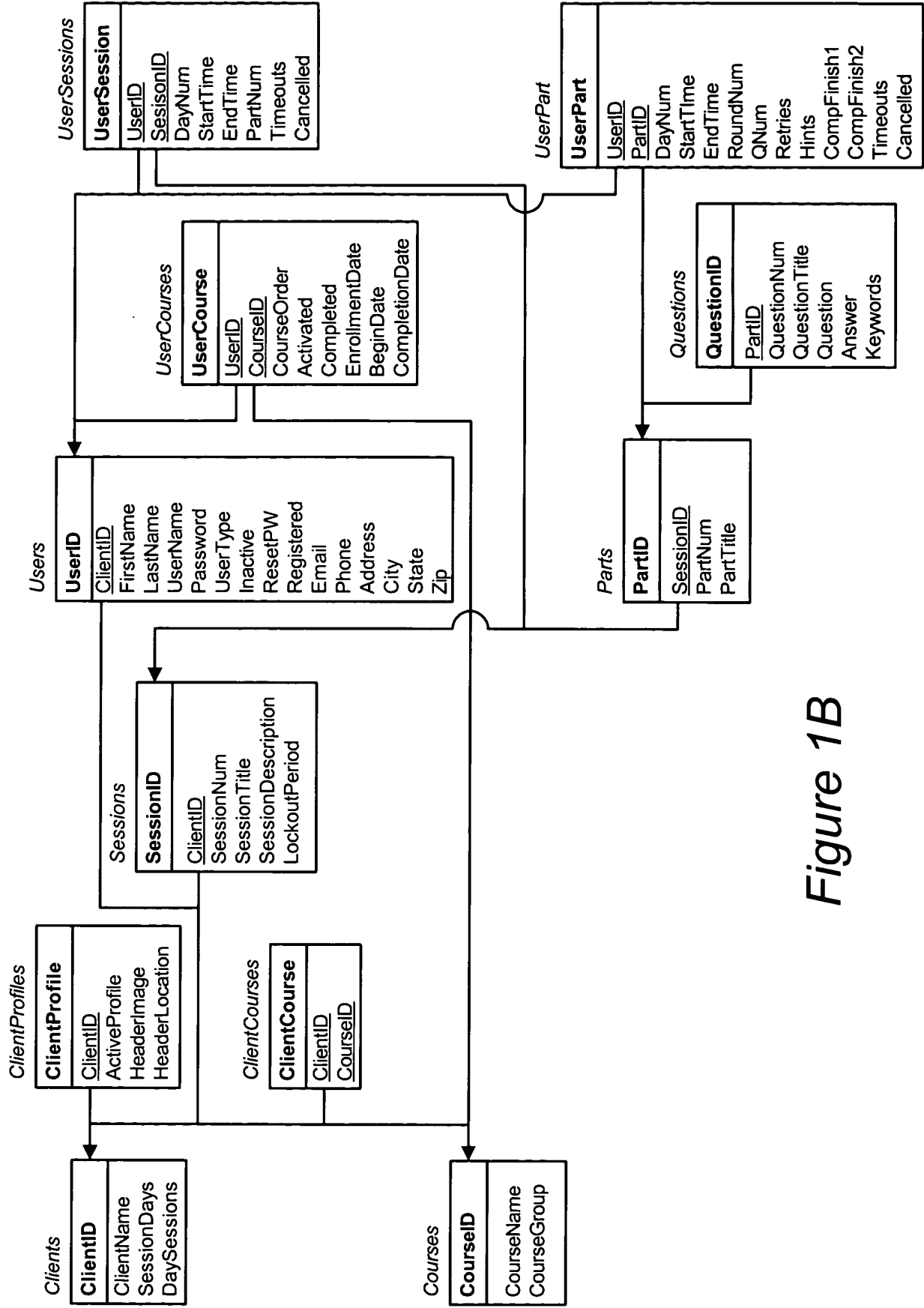


Figure 1B

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

WELCOME TO LIT

Before you proceed, you will need to register, which involves giving us some contact information as well as changing your password.

Student Name: John Smith

User Name: jsmith

E-mail Address:

Phone Number:

Address:

City: State: Zipcode:

Press "Enter" to Continue

200 ~

Figure 2

300

Zipcode: 94301

Press "Enter" to Continue

Figure 3

TRIVAC

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WELCOME TO LIT

Thank you for registering and for participating in the LIT process.

Student Name: John Smith

User Name: jsmith

Password monsoon

Press "Enter" to Continue

400 ~

Figure 4

WELCOME TO LIT

WHY LIT WORKS

1. It is common knowledge that we learn and retain information through "repetition".
2. Repetition is not always easy or practical. "LIT MAKES IT EASY AND PRACTICAL".
3. Many times searching through masses of data to find the key information to learn is time consuming and inconsistent. LIT makes it faster and less stressful because the key information has already been extracted so that you only practice the "essence".
4. Many experts believe spaced repetition locks-in information, which can eventually become a habit. LIT PROVIDES SPACED REPETITION WHICH HELPS CREATE RETENTION OF INFORMATION AND BEGINS BUILDING HABITS.
5. Studying and learning can be laborious, tedious, and stressful. LIT does not require studying. Learning through LIT takes much less time than studying to achieve mastering and retaining information. When using the LIT Method, just type in the key words. If you do not remember the key words, then use the "hint" button as often as you like until you learn the answer.
6. LIT is taken over 3 days to achieve major benefits. The first day takes the longest. You will be amazed how well you know the information when completed. And best of all, when you are finished, you should know all of the key information without studying. This information should help you become more successful and productive.

Press "Enter" to Continue

Figure 5

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600 ~

Select a Training Course

Course Name	Status
Presidents of the United States (2 Sessions, 43 Questions)	620 ~
Governors of the States (3 Sessions, 50 Questions)	610 ~
Largest Cities in Texas (1 Session, 10 Questions)	630 ~

Unlocked / Available

Locked / Unavailable

Completed



Figure 6


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Select a Training Session

Presidents of the United States

Session Name	No. Parts	No. Questions	Completion	Status
Presidents of the United States before the Civil War	1	16	Day 0 of 3	
Presidents of the United States after the Civil War	3	27	Day 0 of 3	

 Unlocked / Available

 Locked / Unavailable

 Completed

Return to Main Menu

Figure 7

800

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
<div>Presidents of the United States before the Civil War -- Session 1</div> <div>Part 1 of 1 Question 1 of 16 Introductory Round</div> <div>Question: Who was the first President?</div> <div>Answer: The first President was George Washington.</div> <div>Please read the question and the answer thoroughly, focusing on the keyword(s) highlighted in blue.</div> <div>Press "Enter" to Continue</div> <div>Return to Main Menu</div>	

Figure 8

900

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
<div>Presidents of the United States before the Civil War -- Session 1</div> <div>Part 1 of 1 Question 1 of 16 Introductory Round</div> <div>Question: Who was the first President?</div> <div>Answer: The first President was George Washington.</div> <div>Answer: The ____ President was ____.</div> <div>Please type the correct keyword(s) in the space(s) above.</div> <div>Return to Main Menu</div>	

Figure 9

1000

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
<div>Presidents of the United States before the Civil War -- Session 1</div> <div>Part 1 of 1 Question 1 of 16 Introductory Round</div> <div>Question: Who was the first President?</div> <div>Answer: The first President was George Washington.</div> <div>Answer: The <u>first</u> President was _____.</div> <div>Please type the correct keyword(s) in the space(s) above.</div> <div>Return to Main Menu</div>	

Figure 10

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
<p>Presidents of the United States before the Civil War -- Session 1</p> <p>Part 1 of 1 Question 1 of 16 Introductory Round</p> <p>Question: Who was the first President?</p> <p>Answer: The first President was George Washington.</p> <p>Answer: The <u>first</u> President was <u> </u>.</p> <p>Check the spelling, letter, or number.</p> <p>Return to Main Menu</p>	

1100 ~

Figure 11

1200

TRIVAC

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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1

Question 1 of 16

Introductory Round

Question 1

Question: Who was the first President?

Answer: The **first** President was **George Washington**.

Answer: The **first** President was George Washington.

You have correctly typed the answer.

Press "Enter" to Continue

Return to Main Menu

Figure 12

1300

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Question 1 of 16
Introductory Round

Question 1

Question: Who was the first President?

Answer: The ____ President was ____.

Hint

Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu

Figure 13

1400

TRIVAC

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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1

Question 1 of 16

Introductory Round

Question: Who was the first President?

Answer: The f__ President was G W ____.

Hint

Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu

Figure 14

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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The frst President was GreegeryWhitneden.

Hint Used

Hint

Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

Return to Main Menu

1500

Figure 15

TRIVAC

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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Question 1 of 16
Introductory Round

Question: Who was the first President?

Answer: The first President was George Washington. **Correct**

You have answered the question correctly without a hint.

Press "Enter" to Continue

Return to Main Menu

1600

Figure 16

TRIVAC	Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method
Presidents of the United States before the Civil War -- Session 1	CONGRATULATIONS
Part 1 of 1 Retention Round	You have successfully completed the
	Introductory Round.
	You will now learn to retain this information effectively with the
	Retention Rounds.
	The retention rounds will help you learn and lock-in the subject matter for easy, long-term retention.
	Please feel free to use the "HINT" button at any time. However, you will be required to answer each question "twice" without using the "hint" button before completion.
	Take as much time as you need.
	<div style="border: 1px solid black; padding: 10px; text-align: center;">Press "Enter" to Continue</div>

1700 ~

Figure 17

Presidents of the United States before the Civil War -- Session 1

Question 1

Part 1 of 1
Retention Round 1

- ②
- ①

Question: Who was the first President?

Answer: The _____ President was _____.

Hint

← Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer, or click the "Hint" button if you need help with the answer.

Return to Main Menu

1810

12

3

4

5

“

2

 ∞

a

10

1

15

15

1

12

6



has not been answered without a hint

 answered **once** without a hint

Figure 18

1900

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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Retention Round 2

Question 10

Question: Who was the tenth President?

Answer: The ____ President was _____.

Hint

Click on "Hint" if needed.

Please type in the correct keyword(s) to complete the answer,
or click the "Hint" button if you need help with the answer.

1910

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

has not been answered without a hint

answered once without a hint

answered twice without a hint

1920

Correct

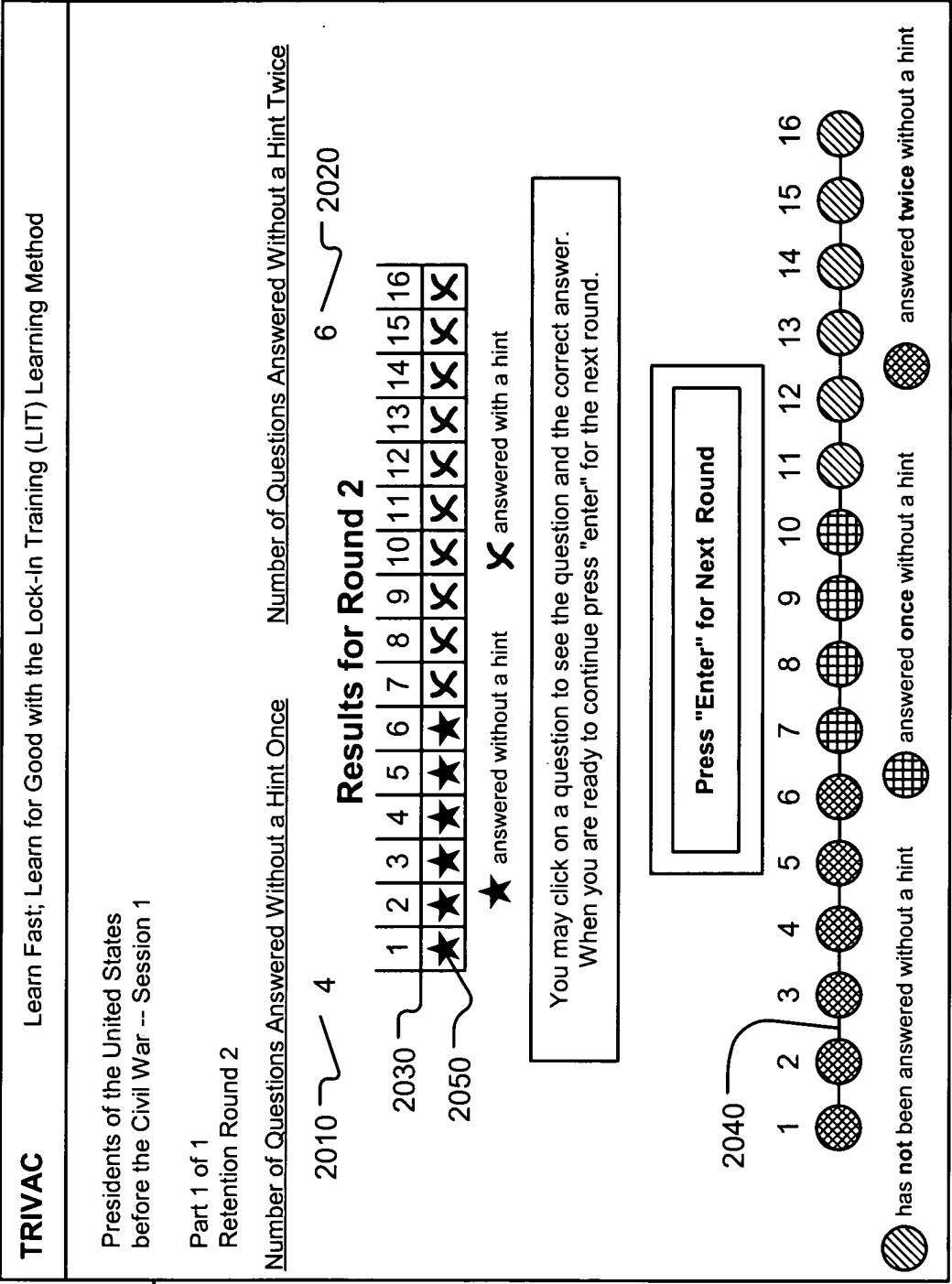
No Hint

1930

1

2

Figure 19



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Presidents of the United States
before the Civil War -- Session 1

Part 1 of 1
Question 1 of 16

Question: Who was the first President?

Answer: The **first** President was **George Washington**.

Please read the question
focusing on the keyword(s) highlighted in **blue**.

Press "Enter" to Continue

2100 ~

Figure 21

2200

TRIVAC

Learn Fast; Learn for Good with the Lock-In Training (LIT) Learning Method

Presidents of the United States before the Civil War -- Session 1

Part 1 of 1

Retention Round 3

Number of Questions Answered Without a Hint Once

2

Number of Questions Answered Without a Hint Twice

8

Results for Round 3

7	8	9	10	11	12	13	14	15	16
★	★	✗	✗	✗	✗	✗	✗	✗	✗

2230

★ answered without a hint

✗ answered with a hint

You may click on a question to see the question and the correct answer.

When you are ready to continue press "enter" for the next round.

Press "Enter" for Next Round

2240

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

has not been answered without a hint

answered once without a hint

answered twice without a hint

Figure 22

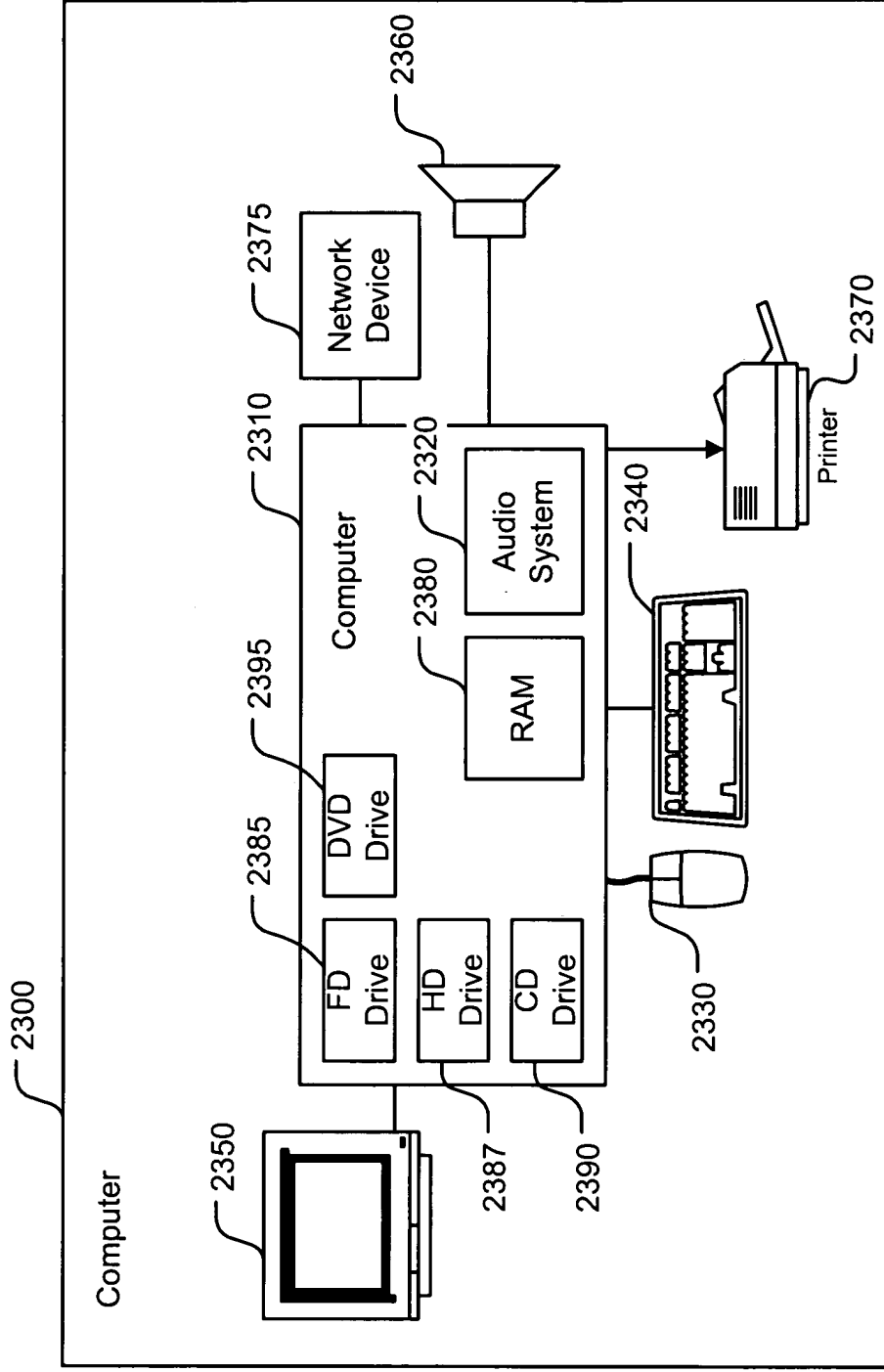


Figure 23